

STCW Personal Survival Techniques Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. What is the operating cord attached to during launching?**
 - A. A buoy**
 - B. The raft itself**
 - C. The weak link or a strong object when launching manually**
 - D. A life buoy**

- 2. Name one key survival technique discussed in the STCW Personal Survival Techniques course.**
 - A. Use of life rafts**
 - B. Use of GPS systems**
 - C. Use of communication devices**
 - D. Use of weather forecasting tools**

- 3. When using a lifeboat, what is crucial to remember?**
 - A. To launch it as quickly as possible**
 - B. Follow proper launching procedures and crew instructions**
 - C. To pack personal items before leaving**
 - D. To avoid meeting with other boats to save time**

- 4. Why is it important to stay near the distressed/sinking vessel?**
 - A. To avoid getting lost at sea**
 - B. Because that's where rescuers will begin searching**
 - C. To collect supplies that may float from the vessel**
 - D. To monitor the condition of the vessel**

- 5. In a survival situation, what should be the first priority?**
 - A. Finding valuable items**
 - B. Ensuring personal safety and health**
 - C. Building a shelter immediately**
 - D. Looking for food sources**

6. What is a critical consideration when choosing a survival site on land?

- A. Proximity to food sources**
- B. Proximity to water and potential resources**
- C. Distance from other people**
- D. Availability of natural shelter**

7. What type of training is necessary for crew members regarding Personal Survival Techniques?

- A. Only theoretical training is sufficient**
- B. Regular drills and theoretical training to familiarize with emergency procedures**
- C. No training is necessary**
- D. Only on-the-job training is required**

8. Which of the following is a general characteristic of life rafts?

- A. Always equipped with GPS**
- B. Require manual inflation**
- C. Float automatically upon deployment**
- D. Contain emergency supplies**

9. Which of the following is NOT a type of life-saving equipment?

- A. Lifeboats**
- B. Life rafts**
- C. Flares**
- D. Buoys**

10. What action should be taken if you are on a sinking ship?

- A. Stay inside until water levels rise**
- B. Evacuate immediately to the life raft**
- C. Begin gathering personal belongings**
- D. Wait for instructions from the captain**

Answers

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1. C
2. A
3. B
4. B
5. B
6. B
7. B
8. C
9. C
10. B

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Explanations

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1. What is the operating cord attached to during launching?

- A. A buoy
- B. The raft itself
- C. The weak link or a strong object when launching manually**
- D. A life buoy

During the launching of survival craft, the operating cord, often referred to as a painter line, plays a crucial role in ensuring the safe deployment of the lifeboat or life raft. When this cord is attached to a weak link or a strong object while launching manually, it allows the operator to maintain control and ensure that the survival craft is properly released into the water. Once the craft is in the water, the weak link will typically break away, allowing the craft to float freely, while having been securely connected during the initial launch ensures it does not become entangled or hindered in the process. This method enhances safety by preventing accidental launch before the vessel is at an appropriate position for deployment, thereby facilitating a smooth and secure launch. Other potential attachments, such as a buoy or the raft itself, do not provide the necessary control needed during the launching phase, and a life buoy is designed for individual flotation rather than for secure attachment of a survival craft. Understanding these distinctions is critical for effective and safe emergency procedures at sea.

2. Name one key survival technique discussed in the STCW Personal Survival Techniques course.

- A. Use of life rafts**
- B. Use of GPS systems
- C. Use of communication devices
- D. Use of weather forecasting tools

One key survival technique discussed in the STCW Personal Survival Techniques course is the use of life rafts. Life rafts are critical survival equipment designed to provide safety in emergency situations at sea, such as abandoning a vessel. They are engineered to be easily deployed, allowing survivors to evacuate quickly and safely from a sinking ship or in distress. Training on the use of life rafts includes understanding how to board them properly, how to activate any necessary inflation mechanisms, and how to utilize the raft's features for survival, such as water collection, signaling for help, and providing shelter. Mastery of this technique can significantly enhance the chances of survival in a maritime emergency, making it an essential component of personal survival training for anyone working in the marine industry. Other choices, while important, focus on additional tools and technologies that may assist in navigation or communication during emergencies, but the foundational skills of boarding and effectively using a life raft are critical for immediate survival in a maritime environment.

3. When using a lifeboat, what is crucial to remember?

- A. To launch it as quickly as possible
- B. Follow proper launching procedures and crew instructions**
- C. To pack personal items before leaving
- D. To avoid meeting with other boats to save time

Following proper launching procedures and crew instructions is essential when using a lifeboat because it ensures the safety and effectiveness of the launch process. Lifeboats are designed to be deployed in emergency situations where conditions can be dangerous and chaotic. Adhering to established procedures helps prevent accidents during the launch and ensures that all crew members are aware of their roles and responsibilities. Proper launching procedures include checking the environmental conditions, making sure the lifeboat is properly equipped and ready, and following a coordinated approach to loading and launching the boat. Crew instructions are based on training and experience and are designed to lead to a successful evacuation, minimizing the risk of injury or loss. Ensuring that everyone on board knows what to do helps create a systematic approach to an emergency, which can save lives. In contrast, rushing to launch without following these procedures can lead to disorganization and increase the likelihood of mistakes, potentially endangering the crew and compromising the lifeboat's effectiveness as a means of evacuation. Thus, the emphasis on following proper procedures and crew instructions is critical in an emergency situation.

4. Why is it important to stay near the distressed/sinking vessel?

- A. To avoid getting lost at sea
- B. Because that's where rescuers will begin searching**
- C. To collect supplies that may float from the vessel
- D. To monitor the condition of the vessel

Staying near the distressed or sinking vessel is crucial because that is the primary location where rescuers will initiate their search efforts. Rescue operations are usually planned based on the last known location of the vessel and the circumstances surrounding the situation. Rescuers will concentrate their efforts in that area, making it much more likely for individuals to be spotted and picked up if they remain close by. Additionally, remaining near the vessel can also aid in maintaining a sense of orientation. While there may be other reasons an individual might think to stay close, such as collecting floating supplies or monitoring the vessel's condition, the most pressing and critical factor is the likelihood of rescue. By being in the vicinity of the distressed vessel, survivors significantly enhance their chances of being located and supported by rescue teams.

5. In a survival situation, what should be the first priority?

- A. Finding valuable items
- B. Ensuring personal safety and health**
- C. Building a shelter immediately
- D. Looking for food sources

In a survival situation, ensuring personal safety and health is the first priority because without maintaining a state of health and safety, survival becomes significantly more challenging. This encompasses various aspects, such as finding a safe location that is free from immediate dangers, protecting oneself from environmental hazards, and addressing any injuries or medical needs. When individuals prioritize their safety and health, they are better equipped to make informed decisions about subsequent actions, such as sourcing food, finding water, or building shelter. When safety is compromised, any efforts to gather food or build shelter may be rendered ineffective or even dangerous. Furthermore, neglecting health can lead to fatigue and reduced cognitive function, hindering one's ability to think clearly and respond effectively to the situation at hand. In essence, safety and health provide a foundation that enables survival actions to be executed successfully.

6. What is a critical consideration when choosing a survival site on land?

- A. Proximity to food sources
- B. Proximity to water and potential resources**
- C. Distance from other people
- D. Availability of natural shelter

Choosing a survival site on land requires careful consideration of several factors that can greatly influence your chances of survival. Proximity to water and potential resources is vital because water is essential for hydration, and your body can only survive a few days without it. Access to water sources not only quells thirst but also enables you to prepare food, maintain hygiene, and even signal for help through certain methods, such as using reflective surfaces. Additionally, potential resources could include materials for building shelter, starting a fire, or crafting tools and weapons for hunting. A site near a water source is more likely to offer abundant vegetation and animal life, thus increasing your food options. While other factors, such as proximity to food sources and availability of natural shelter, are important considerations, they become secondary if you do not have access to water. Without water, the risk of dehydration increases rapidly, making it a primary concern when selecting a survival site. Moreover, while distance from other people can sometimes be a consideration for safety or privacy, it is less crucial than securing access to the most fundamental survival needs, which strongly points to why the correct choice centers on water and resource availability.

7. What type of training is necessary for crew members regarding Personal Survival Techniques?

- A. Only theoretical training is sufficient**
- B. Regular drills and theoretical training to familiarize with emergency procedures**
- C. No training is necessary**
- D. Only on-the-job training is required**

Crew members need both regular drills and theoretical training to effectively familiarize themselves with emergency procedures. This combination is crucial for ensuring that crew members not only understand the principles and concepts related to personal survival techniques but also can apply those principles in real-life emergency scenarios. Theoretical training provides essential knowledge about the types of emergencies that may occur at sea, the behavior of various survival equipment, and the procedures to follow in case of an incident. This foundational understanding is vital as it prepares the crew mentally and equips them with the information necessary to make quick decisions during emergencies. Regular drills are equally important as they offer practical, hands-on experience. Rehearsing emergency procedures through drills allows crew members to practice their skills in a controlled environment, reducing response time and increasing their confidence. Drills also help to identify any potential challenges or weaknesses in procedures, enabling the crew to improve and adapt their responses. In this context, relying solely on theoretical knowledge or on-the-job training without regular practice could lead to gaps in preparedness. No training at all would leave crew members unprepared for emergencies, leading to potentially catastrophic consequences. Therefore, the integration of both theoretical and practical training through regular drills is fundamental for effective emergency preparedness in maritime environments.

8. Which of the following is a general characteristic of life rafts?

- A. Always equipped with GPS**
- B. Require manual inflation**
- C. Float automatically upon deployment**
- D. Contain emergency supplies**

Life rafts are designed with the critical feature of floating automatically upon deployment, which ensures that they are immediately available for use in emergencies. This characteristic is vital for survival at sea, as it allows the raft to be ready without delay when a vessel is abandoned, making it a reliable option for individuals needing to reach safety quickly. The automatic flotation mechanism typically involves the life raft being packed in a container with a CO2 inflation system. When released, the raft inflates swiftly and floats to the surface, providing a secure space for survivors. This function is essential for maximizing the chances of survival in distress situations at sea. While some life rafts may contain GPS systems or come with emergency supplies, these features are not universal to all life rafts and can vary based on design and regulations. Additionally, many modern life rafts are designed for automatic inflation rather than manual inflation to enhance their usability in emergency situations.

9. Which of the following is NOT a type of life-saving equipment?

- A. Lifeboats**
- B. Life rafts**
- C. Flares**
- D. Buoys**

Flares are not classified as a type of life-saving equipment in the same way that lifeboats, life rafts, and buoys are. Lifeboats and life rafts serve essential purposes in marine safety by providing a means of rescue and shelter in emergency situations after abandonment of the vessel. They are designed to support life at sea until rescue occurs, offering not only buoyancy but also protection from the elements. Buoys, while primarily used for navigation and marking specific locations, can also play a role in safety by aiding in the location of individuals in distress, but they do not provide an immediate means of escape or shelter. In contrast, flares are signaling devices used to indicate distress and attract attention from rescuers or nearby vessels. They do not serve as a means of personal survival equipment but are instead a supplementary device that enhances survival chances by signaling for rescue. Thus, understanding the role of each type of equipment is critical in marine safety, clarifying why flares do not fit within the category of life-saving equipment like lifeboats, life rafts, and buoys do.

10. What action should be taken if you are on a sinking ship?

- A. Stay inside until water levels rise**
- B. Evacuate immediately to the life raft**
- C. Begin gathering personal belongings**
- D. Wait for instructions from the captain**

Evacuating immediately to the life raft is the most appropriate action to take if you are on a sinking ship. In a sinking scenario, time is of the essence, and staying aboard the vessel poses significant risks, as the ship can sink rapidly and without warning. Getting into a life raft provides a better chance of survival as they are designed for buoyancy and can protect individuals from the elements. They also allow for greater visibility for rescue operations and are equipped with supplies necessary for survival until help arrives. Remaining inside the sinking ship, gathering personal belongings, or waiting for instructions can delay the evacuation process and ultimately increase the risk of injury or loss of life. Prioritizing getting to safety is crucial in emergency situations like these.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://stcwpersonalsurvival.examzify.com>

We wish you the very best on your exam journey. You've got this!

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